

TikTok Instructions

You do NOT need TikTok to participate (see first section)

1. If you would like to be on the Gilead TikTok account:

Please email Arianne de Asis at adeasis@gileadcs.org to coordinate a time to meet either in person or via Zoom. The meeting is primarily to go over or learn the TikTok dance or movement and will be about 15-30 minutes long.

Arianne will go over how to film from home if you meet over Zoom, or she will film you during the in-person meeting. You just need a phone camera to film, not the TikTok app.

2. If you want to post to your own TikTok account:

1. Open the TikTok app on your phone.
2. Log in or create an account.
3. If you would like to meet (in person or on Zoom) to learn a dance, email Arianne de Asis at adeasis@gileadcs.org.
4. Click the “+” button on the bottom of the app.
5. At the top, click add sound, and search for the music or sound related to the dance. (If you have a video that you are copying, you can click the sound name at the bottom left and then select the red “Use this sound” button.)
6. A recording screen should open up.
7. Under the red record button, swipe so the record time shows 60s instead of 15s.
8. When you are ready to film, hit the record button, and when you are finished, hit the stop button.
9. Hit the red checkmark in the lower right-hand corner. Your video will play – if you are happy with it, click the red “Next” button in the lower right-hand corner.
10. Add a caption to your video on the top left. Be sure to add @gileadcs and #whowillyoumovefor.
11. Make sure the “Who can watch this video” setting is set to “Everyone” and that the “Save to device” toggle is green, and then click the red “Post” button on the bottom.
12. If you would like your video to be featured on Gilead’s TikTok or in the daily videos, please send them using the WeTransfer instructions above.